

## **Governor Commends Action on Healthy Schools**

Kansas students will have an opportunity to live healthier lives, Governor Kathleen Sebelius said today, thanks an agreement to limit sugary soft drinks in schools nationwide.

Sebelius was responding to news that the Alliance for a Healthier Generation had reached an agreement with representatives of major soft drink makers and the American Beverage Association. The agreement will limit portion sizes and only allow lower calorie and nutritious beverages to be sold in schools.



“This is a great step forward on the road to healthier children,” said Sebelius.

“This move complements the Healthy Kansas initiative, which is focusing on improving the health of children in schools, adults in the workplace and seniors in the community,” she continued. “Healthy eating is a key part of our Healthy Kansas initiative, which also encourages all Kansans to increase their physical activity, improve nutrition and eliminate tobacco use.”

“This decision today is a significant step towards a comprehensive approach to address childhood obesity,” said Roderick Bremby, Secretary of the Kansas Department of Health and Environment.

Earlier this year, Sebelius appointed the Child Health Advisory Committee to focus on improving the health of Kansas children. One of the issues this council will address is obesity.

In addition, the state’s Coordinated School Health Program, a partnership between the Kansas State Department of Education and KDHE, convened physical activity and nutrition councils in 106 Kansas schools to improve the health of Kansas children.

Efforts are also underway to help Kansas children be more active. This Friday at Cedar Crest is the annual Kansas Kids Fitness Day, which draws hundreds of children from around the state to participate in noncompetitive games and encourages year-round physical fitness activities.

In addition to the weekend Farmer’s Market, a weekday Capitol Farmer’s Market will be launched later this month to offer fresh fruits and vegetables to anyone in the downtown area. And next month, the Governor will announce the members of the Governor’s Council on Physical Fitness, which will encourage all Kansans to become more physically active.

As part of the Healthy Kansas initiative, all Kansans are encouraged to take the Healthy Kansas pledge, agreeing to take steps to increase their activity, improve their nutrition, and eliminate use of tobacco products. More information on the pledge may be found at <http://www.healthykansas.org/>.